

US Sailing ISAF Youth Worlds Training Camp: September 5-7

Overview

Leading up to the ISAF Youth Worlds, our goal is to bring together the best skiff teams and coaches across the country to push the top end of our fleet higher, and support our Youth Worlds representatives as they prepare for the December event. This camp will be part of the highest tier of training camps offered this fall, with a very low sailor-to-coach ratio and top level support. As such, there will be very high standards and expectations for all participants. Please read through all information below, and arrive on day one, ready to perform at your best.

Schedule

Saturday, September 5

- 1000-1030 Meet in SBYC parking lot to review plans and unload boats.
- 1030-1130 Rig boats on SBYSF dock.
- 1130-1230 Bring your own lunch, or bring lunch money.
- 1230-1630 Drills on the water. Day 1 focus on boat handling, straight line technique.

Sunday, September 6

- 1000-1130 Meet in SBYC fleet room to review photos and video from previous day.
- 1130-1230 Bring your own lunch, or bring lunch money.
- 1230-1630 Drills on the water. Day 2 focus on straight line technique, and tuning.

Monday, September 7

- 0900-0930 Meet in SBYC fleet room to review photos and video from previous day.
- 0930-1230 Morning session drills on the water. Day 3 focus to be determined on day 2.
- 1230-1330 Bring your own lunch, or bring lunch money.
- 1330-1630 Afternoon session drills on the water. Day 3 focus to be determined on day 2.

Expectations

Sailors and coaches will work together at this training camp to set the standard for productive training environments. A few expectations to keep in mind are:

- Arrive on time to all meetings, ready to share information and ask questions.
- Ensure that your gear is maintained to racing standards.
- If you need support from coaches or organizers, ensure that you ask for it in a timely manner.
- Your invitation to this camp is based on our expectations of your personal judgement and your team's self-reliance. The coaches will push each team to stretch their comfort levels, but you are expected to make the final call for what you are comfortable with.
- Please bring proper food and water to stay hydrated and keep your energy up throughout the day.